

Abstract

Title: Analysis of the training process in fire sport – fire attack.

Objectives: Verify the effectiveness of the training process for the fire attack discipline, which was designed in the bachelor thesis.

Methods: The method used for the elaboration of the diploma thesis was observation, analysis, testing, measurement.

Results: There was an improvement on the test file following the proposed training plan. Improvements to the test file were more than 10% over the control file in the key tests.

Keywords: Fire sport, fire attack, training process, analysis.